

HARFORD COUNTY SENIOR CENTERS LUNCH MENU - JANUARY 2019

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	1. ALL SENIOR CENTERS ARE CLOSED HAPPY NEW YEAR!	2. ROAST TURKEY w/Gravy Mashed Potatoes Mixed Vegetables Fruit Cup White Wheat Bread Apple Juice Chocolate Milk	3. HEARTY BEEF & VEGETABLE STEW Chilled Pears White Wheat Roll Pineapple Juice Milk	4. GRILLED CHICKEN BREAST SANDWICH w/Old Bay Cream of Tomato Soup Pepper Slaw Sliced Apple Pack Milk
7. BAKED PORK CHOP SOUBISE Braised Cabbage Scalloped Potatoes Fruit Cocktail White Wheat Bread Fruit Punch & Milk	8. CHICKEN MARBELLA Yellow Rice Pilaf Green Beans Fruit Cup White Wheat Bread Orange Juice Fruited Yogurt w/topping	9. OPEN FACE SALISBURY STEAKWICH Seasoned Greens Moroccan Chickpea & Barley Salad Apple Crisp Grape Juice & Milk	10. GRILLED CHICKEN SALAD w/Pasta Salad on Baby Spinach Tomato Soup Mandarin Oranges Corn Muffin Milk	11. HOT HAM & SWISS CHEESE SANDWICH Greek Style Salad w/Feta Cheese Steamed Carrots w/Dill Sliced Apple Pack Chocolate Milk
14. POT ROAST OF BEEF w/Tomato Gravy Red Skin Potatoes Stew Cut Vegetables Mandarin Oranges White Wheat Bread Apple Juice & Milk	15. CHICKEN FAJITAS Fiesta Black Beans Pico de Gallo Cucumber Salad Milk	16. MAPLE GLAZED HAM Seasoned Green Beans Mac & Cheese Broccoli Slaw White Wheat Bread Pineapple Juice Fruit Yogurt w/topping	17. (SL) Sign up by 1/10 STUFFED CHICKEN Mashed Potatoes w/Gravy Green Bean Casserole Pie w/Whipped Topping Apple Juice Milk	18. TURKEY, VEGETABLE & POTATO STEW Spinach Salad w/Tomatoes Cinnamon Apples Corn Muffin Milk
21. ALL SENIOR CENTERS ARE CLOSED IN OBSERVANCE OF MARTIN LUTHER KING JR DAY	22. ROASTED PORK LOIN w/Dijon Mustard Italian Tomato Basil Salad Broccoli Casserole Parslied Mashed Potatoes Sliced Apple Pack White Wheat Bread Milk	23. CHICKEN & BEFF PENNE PASTA JAMBALAYA Steamed Baby Carrots Peach Crisp White Wheat Bread Fruit Juice Milk	24. TUNA SANDWICH Split Pea Soup Orange Blossom Carrot Salad Tropical Fruit Apple Juice Chocolate Milk	25. SPAGHETTI & MEATBALLS Romano Blend Vegetables Moroccan Chickpea & Barley Salad Mandarin Oranges White Wheat Bread Fruit Juice Milk
28. VENETIAN CHICKEN BREAST w/Tarragon Shallot Sauce Red Skin Potatoes Wax/Green Bean Medley Cinnamon Applesauce White Wheat Bread Orange Juice & Milk	29. OPEN FACE TURKEY SANDWICH w/Gravy Mashed Potatoes Harvard Beets Copper Pennies Fruit Cup Milk	30. BEEF STROGANOFF Buttered Noodles Mixed Vegetables Tropical Fruit White Wheat Bread Apple Juice Milk	31. CURRIED CHICKEN, Pineapple & Raisin Salad Multi Bean Soup Dilled Baby Carrots Hot Cinnamon Apples White Wheat Bread Chocolate Milk	

MEAL RESERVATION PROCESS: To order a meal for a particular day, add your name to the Lunch Sign-Up Sheet no later than 10:00 a.m. **TWO** (2) working days in advance. To order a meal designated as a "Special Lunch" (SL) (Jan. 17), add your name to the Lunch Sign-up Sheet no later than 10:00 a.m. **FIVE** (5) working days in advance. If you missed the sign-up deadline, your name can be added to the lunch list as a "Standby" on the day of the lunch. Please see the front desk.

Vegetarian lunch option is available; Please see the front desk for details and to sign up. Lunch is served at 12:00 p.m. in the dining room. An 8 oz. carton of milk is served with each meal. Lunch cost: Age 60 and over: **\$3.00*** is the requested minimum donation. Under Age 60: There is a **\$5.00*** charge for lunch.

***(Please note new suggested donations and explanation)** All meals are catered by Business Food Solutions, Inc.

Barry Glassman
Harford County Executive

Amber Shrodes
Director
Dept. of Community Services

Office on Aging
Harford County Department of Community Services
www.harfordcountymd.gov 410.638.3025





Harford County Office on Aging

Congregate Meal Program DONATIONS

Why your donations are critical to this program:

Our Congregate Meal program provides nutritious meals and companionship to HUNDREDS of seniors in Harford County every day.

THIS IS NOT AND HAS NEVER BEEN A “FREE” LUNCH PROGRAM.

While we do receive some public funding towards providing meals for those age 60 and over, this only covers a portion of the meal cost. In addition, we receive NO funding for participants under age 60. Our ability to continue to provide a nutritious daily meal depends upon YOUR contributions to make up the cost difference.

Effective November 2018:

- **The cost of a meal for those under age 60 is \$5.00.** Please pay staff for your meal during lunch service on the day you will dine with us.
- For those age 60 and over, thank you for your voluntary, anonymous donations towards the cost of food and related meal items. **A minimum of \$3.00 is suggested, and any amount above that will be a great support to the program.**

We thank you for dining with us, for your donations, and for your support of this important program!